

Household Department

Useful Hints and General Information
for the Busy Housewife

Useful Recipes.

Bran Gems—Mix a cup of white flour, two cups of bran and a cup and a half of milk, a teaspoon of soda, two tablespoons of molasses and one egg. Bake in gem pans twenty minutes.

Cocunut jumbles—Cream a cup of sugar and half a cup of butter. Add a cup of milk, half a cup of cocunut, two eggs, two teaspoons of baking powder and flour enough to roll. Drop by spoonfuls on a buttered pan.

Cottage Pie—Line baking dish with mashed potatoes. Fill with chopped meat of any kind, after seasoning with onion, salt and pepper. Over this spread a layer of any cooked vegetable. Cover with buttered cracker crumbs and bake in moderate oven about one-half hour.

Cornstarch Cake—One cupful cornstarch, two of flour, one of butter, two of sugar, one of sweet milk, one teaspoon of cream of tartar, one-half teaspoon soda, yolks of six eggs. Split the cake after it is cold, take the whites of the eggs, and, with sufficient sugar to sweeten, spread on layer, then put on top; press a few pieces of popcorn over top.

Fruit Puffs—Sift together one and one-half cups flour, one and one-half teaspoons baking powder, two tablespoons granulated sugar and one-third teaspoon salt; add two-thirds cup dates, stoned and chopped, two tablespoons melted butter, one cup milk and one egg, the white and yolk beaten separately. Bake in gem pans in a hot oven and serve with lemon sauce, or any preferred. Use raisins, chopped figs and fruit instead of dates for a change.

Pudding Sauce—Mix two tablespoons flour with one cup sugar, add a little cold water to stir smooth, then one and one-half cup boiling water, a pinch of salt and butter the size of a walnut. Let cook until clear, and flavor with a generous teaspoon lemon extract or the juice of half a lemon.

Minced Ham—Two cupfuls minced ham, four eggs, a scant half-cupful flour, one cupful milk, one-quarter teaspoonful pepper. Dissolve the flour in the milk, bring to a boil, and add the ham and pepper. Separate the eggs, beat yolks thoroughly and the whites till stiff. Add yolks to mixture, and fold in the whites. Put in a buttered baking dish, set in a pan of hot water, and let the puff rise to the top of the dish. This takes from one-half to three-quarters of an hour. Remove from the water and brown.

Rice Cake—Cook, drain and cool half a cupful of rice. Mix it with a quart of milk, a little salt, the yolks of four eggs and beat. When it is smooth, add alternately half a pound of flour and a heaping teaspoonful of baking powder mixed with the stiff whites of the four eggs. Cook in spoonfuls on a hot greased griddle.

Eggless Dutch Leaf—Use one cupful of light bread dough, add half cup of sugar and one tablespoonful of butter. Work all together until very smooth. Add half cupful of raisins and any desired spice. Shape into loaves. Let raise to double the size. Bake forty-five minutes in moderate oven.

Nut Bread—One egg, one cup granulated sugar, one and one-half cups sweet milk, four cups flour, four large teaspoons baking powder, one and one-quarter cups chopped nut meats and a pinch of salt. Pour in two baking pans, let stand fifteen minutes, then bake forty-five minutes in a slow oven.

Tea Crumpets—Put two well-beaten eggs in one quart of milk and as much flour as will make them rather thicker than batter pudding. Then make bake stone or griddle very hot and grease it well; pour a large spoonful of batter so that it may run the size of a saucer. When ready to use, toast them crisp on both sides and butter them.

Time and Heat in Cooking.

Roasts of meat should be put in a very hot oven and the heat reduced in fifteen minutes.

The usual allowance of time for a medium rare roast is fifteen minutes for every pound of meat.

The length of time required for baking potatoes depends on the size of the tubers, but an average time for fairly large potatoes is forty-five minutes.

Boiled potatoes are ever so much better if they are boiled gently. The simmering burner of the gas range is just right for this. Test with a fork at the end of a half hour, and when mellow drain off the water, and if they must stand before serving place a cloth over them rather than a tin cover. Old potatoes with a strong flavor should be pared before boiling and soaked in cold water.

For creamed potatoes use chopped,

baked or boiled potatoes. When these are mixed with the ingredients for the cream sauce, set the saucepan over the simmering burner upon an asbestos mat. This slow process will ensure a delicious creamy mixture.

Kitchen Knowledge.

Corn starch, arrow root or tapioca may be used to thicken cream soups.

Oranges, banana, and figs cut up together make a very delicious dessert.

Winter fruits that need cooking are most wholesome cooked without sugar.

Thin cold beef served with potato salad and brown bread is a good supper.

When making pudding soak the bread or cake in cold milk; it makes it light. Hot milk causes heaviness.

Eggs, fruit and whole-wheat bread make a perfect early breakfast for a business man.

When mixing fruit or nuts in a cake, they should be added before the flour. They will then be evenly distributed.

Dates are so nutritious and can be cooked in so many different ways, it is surprising they are not more generally used.

Five cents worth of tartar emetic mixed with an equal amount of sugar, moistened and placed where the ants are, will drive them away.

It is a very wise plan to put sheets of newspaper under bedding and carpets, and in frosty weather to tie them around water pipes to prevent bursting.

When the spring of a window shade is run down, it is a good idea to wind it up with a button hook—putting the hook around the small metal end which is to be turned.

Beets are much better and sweeter baked than boiled. They should be put in the oven in a baking pan and turned frequently, then when tender served with olive oil and lemon juice.

Shoulder of pork is delicious when stuffed. Buy a nice fresh shoulder; have the butcher bone it, then stuff it. Sew it up tight, roll it in a cloth and boil it two hours. Then remove the cloth from it, put it in an iron baking pan and bake it two hours.

Suitable Accompaniments to Meats.

Roast beef—Tomato sauce, grated horseradish, cranberry sauce, pickles.

Roast veal—Tomato, mushroom and onion sauce.

Roast lamb—Mint sauce.

Roast turkey—Cranberry sauce, currant jelly.

Boiled fowl—Bread sauce, onion sauce, lemon sauce, jellies.

Roast mutton—Caper sauce.

Goose or duck—Cranberry sauce, jellies, applesauce.

Boiled mackerel—Stewed gooseberries.

Boiled bluefish—Cream or lemon sauce.

Boiled shad—Mushroom sauce, parsley or egg sauce.

Fresh salmon—Green peas and cream sauce.

Boiled halibut—Egg sauce.

To Every Woman Who Is In Pain

Mrs. Williams Says Use Dodd's Kidney Pills.

She Suffered for Two Years, but Three Boxes of Dodd's Kidney Pills Made Her a New Woman.

Adamsville, Kent Co., N.B., Jan. 29th (Special).—"I can recommend Dodd's Kidney Pills to every woman who suffers." So says Mrs. Williams, a well-known and highly respected lady residing here. Mrs. Williams was a sufferer for two years till she used Dodd's Kidney Pills. She found in them quick relief and complete cure. That is why she is so enthusiastic in her praise of them.

"My troubles started with a cold," Mrs. Williams states. "I never seemed to get over the effects of it. I had cramps in my muscles and my joints were stiff. There were dark circles under my eyes which were puffed and swollen. I had a bitter taste in my mouth and I suffered from severe headaches.

"I felt heavy and sleepy after meals and had attacks of neuralgia. Heart flutterings and rheumatism were soon added to my troubles. I took just three boxes of Dodd's Kidney Pills. I cannot be too glad that I did so."

Every one of Mrs. Williams' symptoms was a symptom of kidney disease. That is why Dodd's Kidney Pills cured her.



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Health

Grippe in Children.

During an epidemic of grippe a great number of children are sure to be among the sufferers; for they are constantly exposed to infection in schools. It would be a good thing if cases of grippe were quarantined like those of scarlet fever; the habit of regarding it as a comparatively trifling malady from which there is no escape, once an epidemic has started, is unfortunate.

Children of all ages—not even excepting nursing infants—suffer from grippe, and the symptoms are often as severe as they are in adults. It is certainly worth while to take all pains to keep the sick away from the well, and to see that young children are not taken into overheated or over-crowded places or exposed to prolonged cold.

Grippe is probably taken by breathing in infected air and therefore very cold outdoor air is more healthful than the stagnant, contaminated air of our houses. At the same time, many people carry the theories about "hardening" their children too far. They keep them outdoors, often insufficiently clothed, until they are thoroughly chilled, and their vitality is so much lowered that they fall victims to the first germ that comes their way. Brisk play in frosty weather is a tonic for all children, but there are days in our winter climate when children are better off in a well-ventilated play room than outdoors.

An interesting experiment was made in one hospital during a grippe epidemic. Generally every child will take the grippe, once it has got a foot-hold in a hospital ward; but in this case a double wall of gauze was put up between the different beds, and no drafts strong enough to carry the germs from one bed to another were permitted. Although the same nurses took charge of all the children, most of the children escaped the disease.

Special care should be taken to protect very young babies from the grippe, for it usually goes hard with them. If a nursing mother is suffering from an attack, she should be careful not to breathe or cough over the baby, and should hold a handkerchief before her face whenever the baby nurses.

Many children suffer from a persistent cough and rise of temperature whenever they have grippe, and those symptoms last until warm weather comes. They should be strengthened by tonics and given a change of air, if that is practicable.—Youth's Companion.

Winter Diseases.

This is the season of the year when such respiratory diseases as pneumonia, grippe, bronchitis and tonsillitis, claim their greatest toll. Chief on the list is pneumonia, which in the Winter months causes more deaths than tuberculosis. Grippe is also serious both in its immediate and remote effects.

Much can be done to avoid this group of diseases. Avoid overheated rooms with their dry devitalizing atmosphere.

Don't sleep in warm air, open the windows.

Get sufficient outdoor exercise; don't cuddle yourself in the house.

Avoid wet feet, wear rubbers on wet days.

Wear sufficient warm clothes, but don't overdress.

If you have been unavoidably chilled by undue exposure or have gotten your feet wet, a hot bath and a hot drink, preferably hot milk.

Don't neglect any cold.

If you get grippe, relax at once, remain at home in bed in a uniform temperature, until your doctor assures you that you may safely go out. The after effects of grippe are not infrequently disastrous.

Avoid crowds. One grippe sufferer sneezing and coughing in a crowded hall has the ability to infect many of the occupants of the hall.

New Regulation.

According to the German papers a new regulation has been issued in regard to old boots and clothing. For the year 1917 only two pairs of so-called "shoes de luxe" will be allowed each person in return for cast-off but still wearable pairs. The utilization of cast-off clothing is entrusted to communities which will have a monopoly of purchase of the articles. The exchange of old for new articles

will be carried out on the ticket system, the number and character of the changes allowed each person being regulated by appropriate ticket.

A Loyal Lad.

Office Boy—De boss kin see no callers dis mornin'.
Insistent Visitors—Say, I'll give you a quarter to take this card in to him.
Office Boy—Aw, shucks! He gives me higher wages for not doin' it.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitude more will be able to strengthen their eyes so as to be spared the trouble and expense

of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

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Bigger Yields, Better Crops and Increased Profits

"The big reason for the growth in the consumption of fertilizers lies in the fact that commercial fertilizers increase profits wherever properly used," says a government bulletin. If your land is losing its available fertility you can easily build it up and increase your profits by using

Harab-Davies FERTILIZERS

They will give your crops a good start, stimulate growth and increase the yields. Even if you are getting good results from your lands, Harab-Davies fertilizers will produce still bigger and better crops. They are prepared from blood, bones, trimmings, etc., in just the right proportions to supply the plant food your soil lacks. Let our experts help you select the correct fertilizer for your own particular needs. Write for our free fertilizer booklet and bulletins.

Ontario Fertilizers, Limited, West Toronto.

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